Norfolk & Waveney Autism & ADHD Support Service

Supporting parents/carers of children and young people recently diagnosed or awaiting assessment for autism/ADHD. Our aim is to promote a better understanding of neurodivergence, how it may impact behaviour and offering practical strategies to parents/carers.

We also offer support to families seeking advice about how to start the journey and make a successful referral for assessment.

Family Action

Family Action is an award-winning national charity working from the heart of local communities to support people through change, challenge and crisis.

We protect children, support young people and offer direct, practical help to families.

It's what we've done for over 150 years.

To find out more about who we are and what we do, visit us at www.family-action.org.uk.

Norfolk & Waveney Autism/ADHD Support Service

Email: NorfolkandWaveney@family-action.org.uk

Tel: 01603 972589

Family Action. Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

Norfolk & Waveney Autism & ADHD Support Service

Working with families to improve outcomes for children and young people affected by neurodivergence.

NorfolkandWaveney@family-action.org.uk

Drop-In Support Groups

Come along to one of our friendly and informal drop-in support groups for an opportunity to meet our team and other parents with shared experience.

We hold our regular monthly drop in groups at

King's Lynn:
Costa Coffee, Unit D (Next to Boots)
Hardwick Retail Park, Kings Lynn, PE30 4NA

Swaffham:
Costa Coffee, Market Place, Swaffham, PE37 7AB

And at various other locations around the region. Please contact us for more information.

Monthly Newsletter

Contains details of all our courses, workshops and drop-in groups, as well as other useful information. Speak to us today to find out more and ask to join our mailing list.

Email: NorfolkandWaveney@family-action.org.uk
Phone: 01603 972589

Ask to join our mailing list for updates or join our Facebook group Norfolk & Waveney Autism/ADHD Support Group on the Family Action main Facebook page.

Workshops

These are held monthly via Zoom on a variety of useful topics such as:

- Understanding & Supporting Anxiety
- Low Demand Approach
- EHCP Questions & Answers

FREE courses for parents and carers.

Plan Bee Course

Understanding and supporting your neurodivergent child or young person's needs

Plan Bee is a 3 week course (2 hours per week) written by Clinical Psychologists. Family Action has been commissioned by Norfolk and Waveney NHS Integrated Care Board to deliver this course for parents and carers of children who may have neurodevelopmental differences.

This course supports parents to understand their child's individual needs and how to best support them.

For more information and to book a place, please contact Family Action:
Email: NorfolkandWaveney@family-action.org.uk
Phone: 01603 972589

Puffins Autism Programme

For parents and carers of children and young people with a diagnosis of autism.

The Puffins Programme is a FREE, four week course designed by the Norfolk Community Health and Care Neurodevelopmental Service and delivered with Family Action.

To find out more or book a place, please contact Sue Killick:
Email: Sue.Killick@family-action.org.uk
Phone: 01603 972589